

# Quarterly Webinars through ComPsych® GuidanceResources®



## DECEMBER / JANUARY

### Tools to Handle Stress

- **Date:** December 7, 2021 from 1:00pm - 2:00pm
- **Description:** This Stress Management course focuses on specific practical activities to reduce stress. Whatever happens to be causing your stress, these techniques can help you cope. By the end of this webinar, you will know techniques to reduce stress such as being accountable, engaging in hobbies, remembering past successes, and taking breaks.

### GuidanceResources® Program Orientation for Employees

- **Date/Time:** January 12, 2022 from 10:00am - 11:00am
- **Description:** Learn about the Employee Assistance Program (EAP) services that ComPsych® GuidanceResources® provides. Through the EAP, you can access free confidential emotional support, online support, interactive digital tools, work-life solutions, legal guidance, financial resources, and identity theft services.

### GuidanceResources® Program Orientation for Supervisors

- **Date/Time:** January 11, 2022 from 10:00am - 11:00am
- **Description:** Learn about the Employee Assistance Program (EAP) services that ComPsych® GuidanceResources® provides. Managers and supervisors can use the EAP as a free source for confidential support, expert information, and valuable resources to support their employees when they need it the most.

**Register at [de.gov/statewidebenefits](https://de.gov/statewidebenefits)**  
(Select your group, then ComPsych®)

